

AUGUST 2007

# Facets

*for women*

## Homemaking & housekeeping

Local women share strategies on their role in the home

### Aprons galore

They're still practical, still beautiful, these women say

### Parents, start early

Even toddlers can help around the house





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# notes from the newsroom



**T**he annual grand transition is drawing near: July 31, when

most leases in Ames end, and Aug. 1, when most leases in Ames begin.

Since it's a time when many people in our community are focused on cleaning as they scrub to get their deposits back or to remove evidence of the previous tenants, we at Facets decided to direct our attention in that direction as well.

A few generations ago, women's responsibilities basically came down to the three Cs of homemaking: cleaning, cooking and childrearing. Since then, many women have added another C — career — to their to-do lists, but the first three needs still have to be met. We know that men's roles have changed, too, and that they are more likely to help around the house, and we know that child care providers are helping with the childrearing and that eating out helps with the cooking. But how are today's

women addressing the responsibilities of house-cleaning?

Facets talked to several women to find out. Their strategies are varied, and some may surprise you.

We also talked to several women who are reviving an interest in a great symbol of homemakers everywhere: the apron. These women are enjoying the apron's fashion as well as function.

So put down that feather duster for a few minutes, ladies, and enjoy!

— Heidi Marttila-Losure, editor

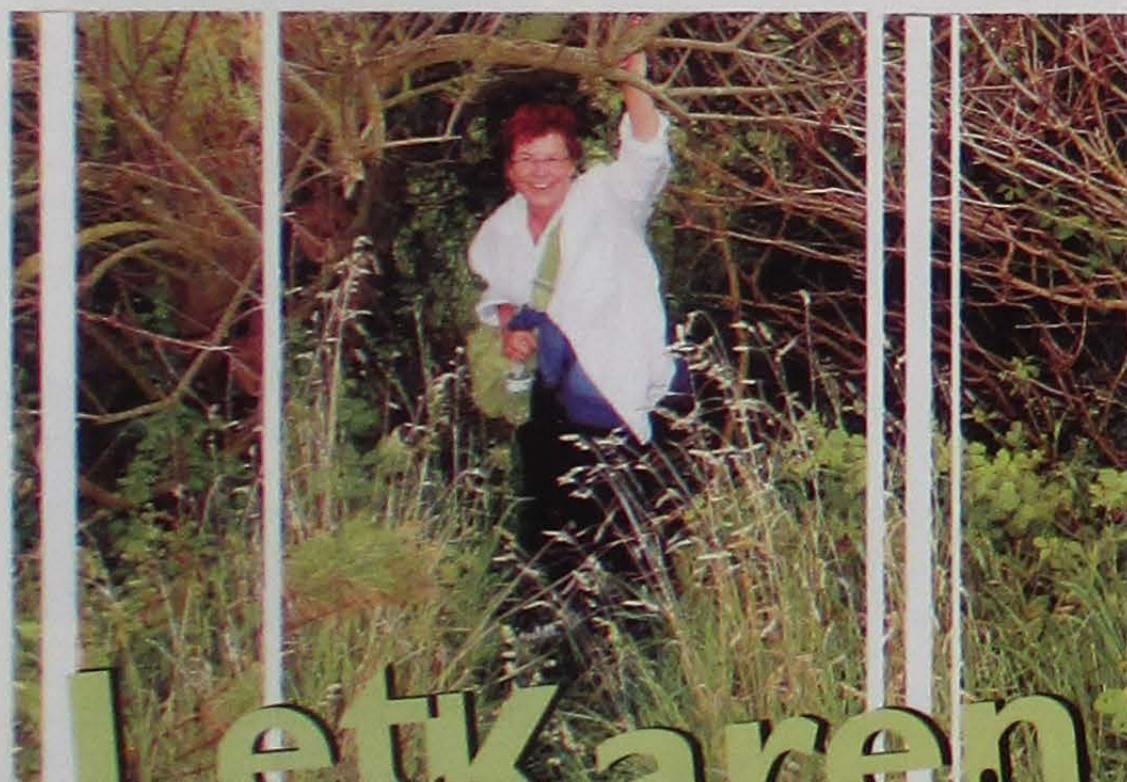
## And there's more online!

Once again, we have too much great information to cram onto the printed page. Find more on the topic of housekeeping and homemaking online, including essays from local women on their views on housekeeping and a feature on the Pine Slab Apron Museum in Mississippi. You'll also find a feature on the annual Go Red for Women event, coming up Sept. 8.

Go to [www.amestrib.com](http://www.amestrib.com) and click on the Facets link to read it all!



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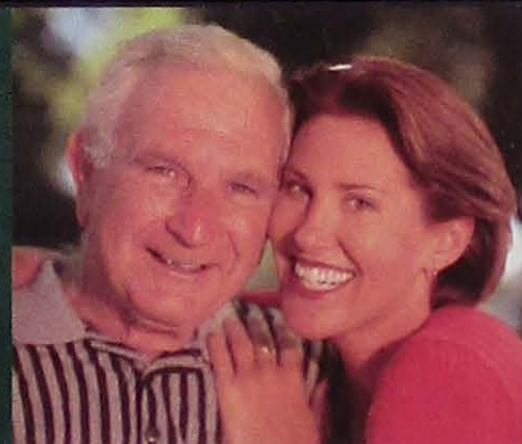
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## Housekeeping and homemaking

Next month:  
Education

# WELCOME TO Facets

Facet > 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

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**COVER PHOTO:** Moriah Conner, 6, right, and Avery Conner, 3, display one of the traits of successful homemakers: keeping a positive attitude. The sisters from Ames were happy to dress up to pose for Facets' homemaking and housekeeping theme.

Photo by Small Dog Productions/232-3203



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Photo by Jolene Philo

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# Facets

Contributors

## How does your housekeeping compare with your mother's?



My initial, unedited response? "There's no comparison!" However, talking with my sister reminded me that our mother had a wheelchair-bound

spouse, livestock care, gardening and crop work responsibilities in addition to housework AND five children. I guess I was right: there's no comparison.

— **SUE ELLEN TUTTLE,**

owner of Small Dog Productions photography. She can be reached at 232-3203 or talkto@onesmall-dog.com.



My mom made sure my sister and I know what clean really is, from ceiling to floor, and how to achieve it, including scrubbing the walls and the rugs by hand once a year. We always did a lot of cleaning on Saturdays, as we often had Saturday-evening sauna guests. But I think all three of us have figured out in recent years that there are many other interesting things that won't happen if our cleaning standards are too high.

— **HEIDI MARTTILA-LOSURE,**

Facets editor. She can be reached at 232-2161, Ext. 352, or hlosure@amestrib.com.



Not a bit. My place isn't dirty, but I am unfortunately a pack rat, and I tend to let things sit. I don't see the point of putting something away when I'm going to have to get it back out tomorrow. It's a comfortable if

slightly cluttered way for me, but it makes me feel more at home in a way that always drove my mother crazy. I certainly never would have gotten away with it in her house.

— **MARISA MYHRE,**

a freelance writer from Ames. She can be reached at 233-3610 or marisamyhre@hotmail.com.



I'm just as picky when it comes to cleaning the bathroom!

— **KAREN HOWARD,**

advertising sales representative for Facets. She can be reached at 232-2161, Ext. 481, or

khoward@amestrib.com.



My mom had a cleaning day every Saturday and I "helped." Mom cleaned thoroughly every fall and spring and I "helped." I clean a bit all the time; like clean the counter and mirror in the

bathroom before I leave the bathroom. That's my method, clean a little all the time and NEVER spend time cleaning when I could be playing.

— **KAREN PETERSEN,**

a certified financial planner from Ames. She can be reached at Karen@mymorethanmoney.net or 232-2785.



Cleaning is much higher on my mom's priority list than it is on mine. I always seem to find something else that "needs" to be done instead.

— **LINDA OPPEDAL,**

page designer for Facets. She can be reached at loppedal@amestrib.com.



There might have been a trace of resemblance when my son was very young, but since ... none! She was diligent. I am negligent! Though I like it clean when I am there, that is so little that when we do have time

in the house, it's the last thing I want to be doing. (That's also how I cope with the lack of lush green lawn—I'm raising a son, not grass!)

— **DEBRA ATKINSON,**

personal training director at Ames Racquet and Fitness Center. She can be reached at debra\_atkinson@msn.com.



Not so much disco.

— **CHRISTINE HUEBSCHMAN,**

graphic designer for Facets. She can be reached at chuebschman@amestrib.com.



I was fortunate as a child because both of my parents worked hard to make our house a home, dividing the household duties equally. I think I am a combination of both of them, understanding

as they do that there is much more to making a home than cleaning. I spend my time as they did, planning activities for my kids, serving on committees that better my community, working, and enjoying my family. I guess my housekeeping attitude is most like my mom's, however. We both seem to think housework was invented for the express purpose of burdening us. Every time I angrily accuse a pile of dirty laundry of being out to get me, I walk away and call my mom.

— **SUSAN VERNON,**

a freelance writer from Ames. She can be reached at smvernon@mchsi.com.



Our processes while cleaning are very similar. The only big difference is that afterward, when someone says her house is clean and looks nice, she disagrees and says, "Oh, no, it's not" — even when it is.

When someone tells me the same, I smile and say, "Thank you!" There's no need to tell me twice — even if it is nice to hear!

— **MISTY M.E. SCHMITZ,**

owner of Artist's Eye Imagery. She can be reached at 708-0791 or misty@artistsyeimagery.com.



My housekeeping is a LOT less intense than my mother's was. I tend to dust, vacuum, scrub, etc., when my husband notices that it needs to be done. Both of my parents were

fanatical about housework, and my dad got even more so as he got older. Mom got less so, and they argued a lot about it.

— **NANCY LEWIS,**

a freelance writer from Ames. She can be reached at 233-2874 or nswlewis@hotmail.com.



Mom does more deep cleaning than I do, but I'm more systematic and organized than she is. However, we both like to stay ahead of the mess.

— **JOLENE PHILO,**

a freelance writer from Boone. She can be reached at jphilo@hotmail.com.



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[THE HAPPY OLD LADY]

# A different kind of photo opportunity

By NANCY LEWIS

**I**'m not much interested in doing housework. I cook reasonably well. I often enjoy doing and folding laundry. I actually like darning socks and turning up hems. But straightening up and putting away dusting and vacuuming, cleaning sinks and polishing mirrors — all that can wait, because I have other, more interesting things to do.

If I do have to make things look neat and tidy for occasions when we are expecting company, I tend to do it by putting everything in boxes and sticking the boxes in our storage area. And those things sit there, sometimes for years.

Recently our older son has had some time to help me try to get better organized. We decided to begin with the largest single collection of "stuff" — our 52 years worth of snapshots and professional family and individual photographs.

I had had the sense to keep some of the snapshots in their original (from the processor) envelopes, but it turned out that many of the envelopes didn't have dates on them. So we've played a number of guessing games, particularly involving Christmases and birthday parties. How many candles are on that cake? How old was Elizabeth when she got the Chatty Cathy doll? What year did we stay up late

on Christmas Eve putting up the playhouse for Mynda? Was it 1973 when Ken got the Giant Tinker Toy set? (This last one we know is right — one of the grandmas had put the date on the back of the photo.)

Other questions involve fashions. Teenage Ken had the pink pants and the pearl gray sport coat. Teenage Jon wore the white leather belt. But just when? Were Elizabeth and Mynda 14 and 3, or 15 and 4, when they had the big-sister/little-sister dresses?

Then there are the travel snapshots. It's no problem to date our honeymoon, an automobile trip through the northeast United States in the fall of 1955. And we've only been in downtown New York City once, two years later. But because our older daughter works for Disney at their Burbank, Calif., headquarters, we can go to Disneyland free. So we go a lot, and we're hoping that when Elizabeth comes to visit later this summer she can help us with what year some of the Disneyland photos were taken. Maybe we'll decide we don't need to save all of them, anyway!

Our last resort, after we've played all the guessing games, is the collection of scrapbooks that my mother, Mabel White, patiently and conscientiously kept until 2001. We're so lucky that she liked to do this. Five fat scrapbooks of dated photographs are going to provide the answers to

a lot of questions.

The professional family pictures were rare enough that we can date them pretty well. And the professional portraits of the children were "school pictures" beginning when the children started school. Again, we will have to turn to Grandma's scrapbooks to be sure of just which grades the kids were in when a particular photo was taken.

Along with the pictures, I've been sorting memorabilia. This was partly because a lot of the boxes of photographs also contained concert programs or handmade Mother's Day cards or geography reports. And it seemed like a good time to get all the play programs and athletic awards and report cards collected and passed on. Actually, that job was a lot easier and is now completed, except for shipping the boxes to our California daughter.

I have no plans to make scrapbooks. Our pictures are being filed by year in white boxes that will go back in our storage area. But at least we will be able to find any that we want to look at. And they will occupy a lot less space.

I'm not really sorry that I let the photographs get in such a muddle. Jon and I have had a lot of good conversations as we sort them out, conversations we might never have had otherwise. And he will know how to find the pictures if he ever wants any of them.





# What do you think when you hear the word "homemaker"?

By SUSAN VERNON

Some women cringe, others laugh, still others pause to consider the meaning of a term that seems archaic.

"It sounds like something that would describe my grandmother," said 30-year-old Diana Thatcher, "but I guess that's what I do. I take care of everything to make a home for my family."

Thatcher stays home full-time but does not refer to herself as a homemaker. She prefers the term "stay-at-home mom." The distinction is significant: It reflects an important shift in priorities for this generation of traditional "homemakers" who are making their career choice for the purpose of parenting. It also acknowledges that all adults in a household, whether they stay home with children or work full-time outside the home, are homemakers working to meet the needs of their families.

These families differ in priorities, division of household duties, and the things they are willing to sacrifice. But there is one place where they find common ground: They all work hard to make their houses homes for the families they love.

## Strategy: Focus on mothering.

### THE HERGENRETERS

**M**aridon Hergenreter always wanted to be a stay-at-home mom, but she never imagined how difficult it could be.

"Our job is hard," she said. "It's a constant thing. I don't sit down at all during the day."

With four children and a home daycare, Hergenreter says she spends at least five hours every day cleaning just to

maintain the status quo.

Hergenreter takes house-keeping duties seriously.

"A clean house is not the most important thing, but as with any job, I feel there are certain things I need to get done," she said. "If I pick up my house it is easier to see what I have accomplished during the day."

Hergenreter does most of the housework for her family

today, but that has not always been the case. Early in their marriage, her husband, Stuart, did most of the housework.

All that changed when Stuart went back to school. "He was working full time and going to school full time, and I took over to make sure things ran smoothly at home."

Stuart has long since completed his degree, but the division of labor has remained, though he pitches in when

needed.

Hergenreter is happy with the arrangement.

"I am lucky if people call me a homemaker because it means that I can be home with my kids," she said. "I just live to see my kids laugh, and I want to be there for as many laughs as I can."

I think being involved in the kids lives so much now will have tremendous pay-offs in the long run."

Still, there are times when the duties of being a stay-at-home parent are overwhelming. "Some days I am like, 'Oh my gosh, I don't think I can do this!'" she said. "Building my world around my kids has left little time for myself."

She doesn't complain ("A mom sets the tone for the whole household," she said; "I like to keep things positive"), but that's not always easy.

"We are expected to do so much more now. Women are expected to be perfect," she said. Occasionally Hergenreter feels judged by other women for her choices.

Hergenreter envisions a career outside of the home in her future. She has considered attending night school someday to earn her nursing degree and emphasizes to her daughter the role education plays in making homemaking a choice. In the meantime, she is soaking up every drop of pleasure from the career she has chosen. "If I can hear my kids tell me 'You're the best mom in the world,' that is better than anything!"



Photos by Small Dog Productions/232-3203

Just steps outside their back door, the Hergenreter siblings—Connor (11), Bailey (8), Brennan (6) and Alex (4)—cool off and laugh with Mom between hoseings.





Knowing that Gabrielle (7), Garrett (5) and Makenna (3) are in the capable and companionable care of her husband makes it easy for Jordahl to work outside the home.

## Strategy: Mind the store, and let dad mind the home.

THE JORDAHL FAMILY

**F**our and a half years ago, Amy and Jason Jordahl found themselves at a crossroads. They were expecting their third child and facing the possibility of paying a premium price to have three young children in daycare. The Jordahls decided it no longer made good financial sense for both parents to work full-time.

Their dilemma was not unique, but their solution was.

Because Amy had been at her job longer with more opportunities for advancement, the couple decided that Jason would become a stay-at-home dad.

"It was one of the best decisions we have ever made," Amy said.

Before Jason left his job, they split the household duties down the middle, but both still felt burdened. "We'd get up and rush around to get the kids ready, rush through our work day to pick up the kids on time, rush home and make dinner, give baths and get the kids in bed and then get up and do it all again the next day," Amy said.

Their schedule today is

more relaxed, and their division of labor more clearly defined. "Jason runs the house and I run the store," Amy said. She is the store director for Hy-vee Drugstore in downtown Ames.

Jason is in charge of daytime childcare and all housework for the family, and it is a job he relishes. "My friends envy me," he said with a smile. The transition from quality assurance inspector to homemaker was an easy one for Jason. He reports the only challenge was being left alone with newborn daughter McKenna. "I was a little freaked out for a while," he said.

For Amy, the transition was only slightly more difficult. The first few times the kids called her Dad caught her off guard, as did the reaction of well-meaning acquaintances who assumed Jason had lost his job. Four years later, she admits she is very spoiled to have the husband she does.

"If I am here on a day off and I try to help with something, I just get in the way. He has everything under con-

trol."

She does her best to support her husband, taking charge of the kids after dinner so he can have a little time to himself. "That's my time," Jason said. "I go out and play with the dogs and just relax." Recently, she used a week of vacation to care for the children while Jason took a fishing trip with his father. "He actually made us some meals to heat up while he was gone, though," she said with a laugh.

The Jordahls never imagined one of them would be a full-time homemaker. "It's a scary plunge starting a new job," Amy said. "Many people don't even realize staying home is an option, but we made the material sacrifices to make it happen. I only wish we would have done it sooner."

The Jordahl children have been the biggest winners in this unconventional arrangement. "Dad takes us fishing all the time!" shouted 8-year-old Gabrielle. "I love you, Dad!" chimed in 5-year-old Garrett.

"I love you, too," Jason said with a smile.

## Who's taking care of the kids?

- In 1940, 60 percent of families had a traditional structure with a homemaker mother and breadwinner father. Today only 13 percent of families do.
- 189,000 full-time stay-at-home dads and 11 million stay-at-home moms were identified in the 2002 Census.
- Women spend an average of 35 hours a week in child care. Men spend 17.
- Since 1965, men have more than doubled the amount of time they spend with their kids.

## Who's taking care of the house?

- American wives do an estimated 70 percent of household work regardless of their employment status.
- A recent University of Michigan study reports women are doing 27 hours a week of housework and men 16.
- In the 1990s, women spent half as much time on housework than they did 30 years earlier. During that same 30-year span, men more than doubled the time they spent on housework.
- Sharing household chores was cited as the most important key to a good marriage in a 2007 survey by the Pew Research Center.
- Married women spend an average of 7.5 more hours a week working than single women. About 5 of those extra hours are devoted to housework.
- Forty percent of married men say they and their wives do equal housework.
- Thirty percent of married women say they and their husbands do equal housework.

## Food for thought

In 2007, salary.com estimated the monetary value of the job of stay-at-home mom to be \$138,095. For work outside-the-home moms, salary.com estimated \$85,939 was due in compensation for mom duties in addition to the salary paid for her position in the workplace.





Photos by Small Dog Productions/232-3203

The Thatcher children pitch in to carry out indoor and outdoor chores. Here, Mary (age 4) takes a turn watering the flowers while Andrew (8) and Hannah (6) watch.

## Strategy: Clean some, play more.

THE THATCHERS

**W**hen Diana Thatcher announced she would be speaking to her daughter's kindergarten class on career day, her four children were perplexed. As far as they knew, their mother did not have a job. It took a lot of guesses and one big hint before they guessed their mom's career. "Finally I asked them, 'Who takes care of you all day?'" she laughed. Thatcher is a stay-at-home mom. For her, that is a career choice, and she takes the job seriously.

Thatcher calls homemaking one small part of being a stay-at-home mom. Her house is clean, but that is not where her primary focus lies. "I try to create a balance between cleaning and playing, staying organized and realizing what's truly important."

Thatcher's children are her focus. "I want to be there for the happy times and the not-so-happy times," she said. "The kids don't care if the house is clean."

That thought helps Thatcher keep things in perspective, because she does care if her house is clean. "I am a goal-oriented person, and this is my job. If I

don't accomplish what I want in a day, I feel bad." Her husband, Matt, does his share of the housework, taking over jobs his wife dislikes the most. "That has sort of evolved as we have had more children," she admits, adding that he is a tremendous help. Still, there are days when the job is overwhelming. "I hate feeling farther behind at the end of the day than when I started. On those days I wonder why I even try."

Those days are not the norm for Thatcher, who enjoys her job immensely. "It is so much fun to be able to play, to watch four children playing together in the sandbox, to be there for all those little moments. I love to see their smiles," she beamed.

The job is not without its tradeoffs, however. Finances are always an issue with only one income, and then there's another kind of sacrifice: "It's very hard to feel you are your own person," she said. "I need to find myself again. My husband tells me I need to be a little more selfish. I am thankful to have someone like that on my side."

## Different times, different choices

Jane Halliburton's daughter Beth Clarke recalls her mother's homemaking skills fondly.

"Even my friends called her June Cleaver," she said. "She ran our home according to a strict schedule. On Mondays she did laundry. On Tuesdays she ironed. On Wednesdays she did the grocery shopping ... Dinner was on the table at 5:30 every day because that was how my dad liked it. The house was spotless because that was how my dad liked it."

Halliburton hadn't started as a homemaker by choice, however. In 1965, she lost her first teaching job because she discovered she was pregnant. Though happily married at the time, it was not acceptable for a pregnant woman to teach school. Soon after, her husband, Calvin, was sent to fight in Vietnam, and Halliburton suffered a miscarriage. The school district worked to find a place for her, allowing her to work as a permanent sub, but the damage had been done.

"I lost my benefits and my seniority," she said.

Roles in the home have changed quite a bit in a generation.

"The choices people make today are in an entirely different framework," Halliburton said. "There is certainly a lot more sharing of duties and responsibilities in homes today."

At the same time, Halliburton and Clarke realize today's woman faces new challenges as she struggles to fit the same old responsibilities into the new ideal.

"We live at such a frantic pace today," Halliburton said, "and we are paying the price, and our children are paying the price."

She hopes for a society where opportunities for rest and self-care are built in for people regardless of their career choices.

Clarke agrees.

"Women do not get nurtured like we should from society," she said. She mourns for the women who beat themselves up when they do not achieve their ideal of perfection in their careers or in their homes. Take pride in accomplishments, she advises, "but we don't have to feel bad about ourselves when things are not perfect."

Both women celebrate the diversity of choices available to families today and caution against labeling or categorizing women according to those choices.

"We are all so different," Clarke said.



## Strategy: Dance, and let the dustbunnies lie.

THE CLARKES

**A**s the owner of The Beth Clarke Studio of Dance, Beth Clarke runs a tight ship. Her studio is spotless, her schedule organized and her recitals flawless. Once she steps into the front door of her own home, the atmosphere is markedly different.

"I am pretty laid back about house cleaning," Clarke admitted. "My husband says, 'Just leave me a path.'"

With both Clarkes working full-time when their children were young, the relaxed attitude was necessary. During those years, they formed a partnership regarding homemaking duties that has served them well. "We always shared 50/50," she said. When Clarke wanted to leave her teaching career to follow her dream of owning a dance studio, Gary encouraged her to take the plunge and took on additional responsibilities at home.

"We were both fortunate

enough to be stay-at-home parents," Clarke said with a smile.

Gary worked until 4 p.m. each day as a photographer and reporter. Clarke began her workday at 4 p.m., heading to the studio to begin a full slate of dance classes. They met up again at 10 p.m. when the entire family sat down together for dinner and conversation.

"(Gary) became the chief cook. It started as a necessity. It would have been so easy for him to put the children to bed and have some time to himself, but he would bathe them and get them ready for bed and then prepare dinner and have it waiting when I came home at 10 and we would all sit down together as a family. That might seem late for children, but it worked for our family."

Twenty-six years after the opening of Clarke's dance studio and thousands of dinners later, Gary is still the chief cook.

Other household duties were shared, though Clarke

admits cleanliness was never of paramount importance.

"You have to step back and decide on priorities," she said. "I do other things well." Dusting, in particular, falls to the bottom of Clarke's priority list. "That was my chore as a child. I cannot tell you how much I hated dusting," she said with emotion. "I would spend all morning dusting, and three days later it would need to be done again. It's a despicable chore."

Clarke is quick to point out that every family is different, and she has respect for those who take pride in the condition of their homes. That's just not her. "I have a dusty house," she said. "I don't care, and (Gary) doesn't care."

She never apologizes if



Beth and Gary Clarke have a relaxed attitude toward housework.

things in her home are in disarray, not even in April and May when hundreds of dance recital costumes fill her house in what she refers to as tu-tu heaven. "My good friends love me for who I am," she said. "Love me, love my house."

For Beth and Gary Clarke, "Life is too short to worry about housecleaning."

## Strategy: Change homemaking roles as needed.

THE HALLIBURTONS

**I**n two decades as a Story County supervisor, Jane Halliburton has grown accustomed to being in the public eye, but our request for an interview about homemaking threw her.

"I may not be the best person to talk to about this topic," she protested.

The truth is Halliburton's homemaking experience is long and varied. She has been a stay-at-home mom and a work-outside-the-home mom, a tender of the house and a family bread-winner.

"As a high school student I helped organize the first chapter of the Future Homemakers of America in my school," she said. "Homemaker" is not a term that she favors, however. "We are trying to make this image we have fit real life," she said. "That doesn't work."

Real life for Halliburton has meant constant change. The way she and her husband, Calvin, have handled housekeeping and



Amid her busy schedule, Halliburton finds time to enjoy the afternoon shade outside her home.

Continued on page 12



Continued from page 11

homemaking duties has evolved to fit the times and the changing circumstances of their lives. "It really comes down to what needs to be done and who is available to do it," she said.

In 1972, Halliburton left her job as an elementary school teacher to stay home with the couple's daughter. "During that time we were constantly washing, cooking, picking things up. My husband and I are very good packrats, but we had to keep things safe."

Even in the 1970s, Halliburton's focus was more that of a stay-at-home mom than a homemaker. She and Calvin made playing with and reading to their two children of top priority. "Those were the best times of my day," she said indicating that housekeeping was never of great importance to them. "There were just too many things that needed doing, and life is too exciting of an adventure to dwell on that."

The need for creative outlets as a stay-at-home mom led Halliburton to take an active role in the League of Women Voters, then a part-time job before taking the leap into politics in the mid-1980s. "As stages change, activities and opportunities change," she said, "and you find yourself doing things you couldn't have done before."

Today she laughs that the couple has come full circle from the days when Halliburton kissed her husband good-bye and sent him down the road to work. He has retired from his teaching career and works from home now while Halliburton continues to serve on the Board of Supervisors. "I tell him good-bye and head out the door to my job now," she said.

## Strategy: Let go of the work and the worry.

### THE ATKINSONS

**D**ebra Atkinson wears many hats. She is a lecturer, a personal trainer, a Facets columnist, a mother, and a homemaker. She spoke to us from San Diego, where she was attending a week-long leadership conference. The timing of the interview prompted an interesting discussion of homemaking that seemed to get at the heart of what this multi-faceted role is all about — the homemaker as leader.

"It's ironic that we are talking about this now," Atkinson said. "We have been discussing the qualities of strong leaders today and the words that are running through my mind come from that ... honesty, generosity, authenticity, creativity ... It's about inspiring those people who live with you, whose lives you touch to show their brilliance."

Her words capture the essence of homemaking, yet they do not include discussion of dusting, floor waxing or window washing.

In fact, many of these duties Atkinson herself does not perform at all. For the past two years she has hired a service to clean her home for her twice a month.

Initially, Atkinson had reservations about letting another woman into her domain.

"I thought I should be the one doing these things," Atkinson said. "Women in our generation, so many of us were raised by mothers who did these things, so there is this idea that this is what we are supposed to be doing."

As a young stay-at-home mother, Atkinson did do her own housework, but as she

gradually transitioned back into the work force she found she had less and less time to devote to cleaning her home. It was then that she made the choice to hire someone else to do some of the more time con-

suming work for her. "I had to let go of some things," she said. "Now I would never go back!"

Outsourcing some of the cleaning has enabled Atkinson to enjoy the things that matter most to her, like her 12-year-old son Dustin.



Atkinson and her son, Dustin (age 12) enjoy friendly competition with Dance Dance Revolution. Atkinson likes the video game, saying, "It's one of the few where they are active."

suming work for her. "I had to let go of some things," she said. "Now I would never go back!"

Outsourcing some of the cleaning has enabled Atkinson to enjoy the things that matter most to her, like her 12-year-old son Dustin.

"When I have free-time, cleaning is not what I want to do with it," she said.

She also avoids those stressful hours spent in "mental housework," thinking about all the tasks she should be completing when she is home. "I can just relax," she said. "It's allowed me to have down time when I don't have to feel like I should be doing something else, time I don't have to fill."

Atkinson reports deciding

to hire a cleaning service has resulted in a few raised eyebrows.

"Women can be hard on each other," she said. But she views the decision as win-win for everyone involved. Not only

has she benefited but the women she hires as well: "I hire college women and I feel good about that, that I am helping them work, helping them go to college," she said.

Atkinson understands cleaning services are not for every woman, but she is very glad she took the plunge and hired one for herself.

"I only wish I'd done it sooner," she said.

By understanding the essence of homemaking as a leadership role, Atkinson is able to separate her value as a homemaker from tasks that once filled her days. "To inspire someone to show their brilliance, you have to be able to show yours first," she said.



[ FOOD BITES ]



**Don't  
touch  
the  
stove:**

Leftover grilled chicken or turkey, in place of the canned meat, gives the salad a delicious smoky flavor. And if the grocery store is out of broccoli slaw, cabbage slaw is a good substitute.

# Salad's

## on the menu

By JOLENE PHILO

**E**ach summer my goal in the kitchen is the same: to keep things simple, from preparation to clean up, while creating meals that are nutritious and flavorful. So last August, when my cousin prepared this slaw during a visit to her Idaho home, I knew it met my goal to perfection. And it's been a year-round favorite in our Iowa home ever since.

### Heavenly Summer Slaw

This salad is especially satisfying on muggy summer evenings when the thought of preparing a hot meal ruins the cook's appetite. Served with bread sticks or sliced French bread, it makes a complete meal. Add ice cream cones for dessert and you'll make everyone happy, from kids to cook.

- |  |  |
|--|--|
| 1 12-ounce bag broccoli slaw             | 2 cups seedless grapes, halved           |
| 1 10-ounce can white chicken meat, cubed | 6 ounces lemon poppy seed salad dressing |
| 2 Granny Smith apples, chopped           | ½ cup sliced almonds                     |

In a large bowl combine broccoli slaw, chicken, apples, grapes and salad dressing. Mix well. Right before serving, add almonds and mix again. Serves 6.



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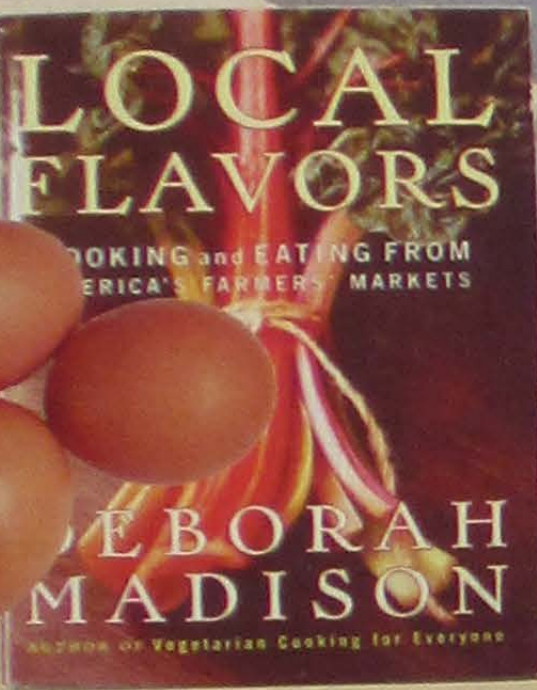
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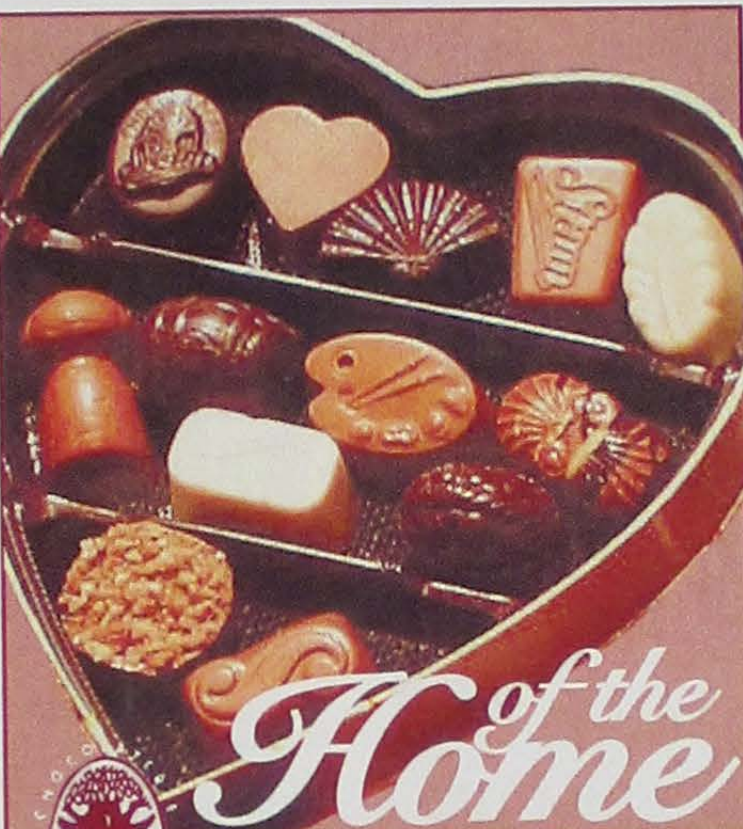
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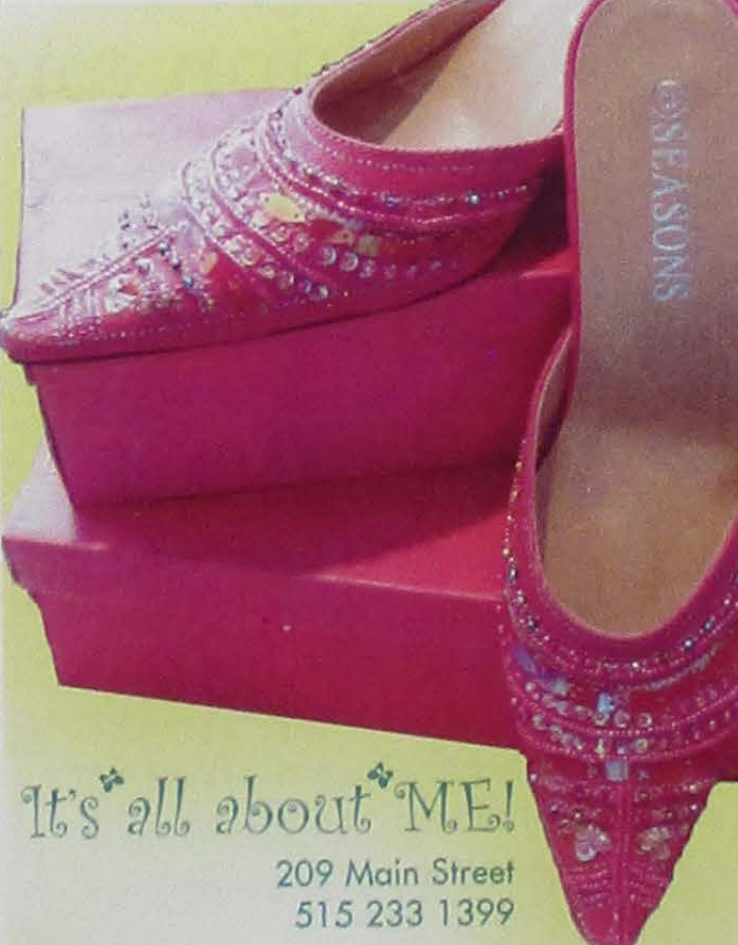


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Photos by Small Dog Productions/232-3203

Dorothy Lewis plans to continue collecting aprons because (1) she likes them, (2) she thinks they are pretty, or (3) she wants to rescue them.

# Aprons galore

By SUE ELLEN TUTTLE

Women are once again finding fashion and function in these garments.

**D**orothy Lewis was wandering about an old farmhouse near the end of an estate sale in rural Story County when she saw a basket of well-worn linens in one of the rooms. A faded apron amid the tea towels and tablecloths caught her eye.

Folded and forlorn, the pale yellow and gentle peach flower print felt soft between her fingers. In that moment, almost 30 years ago, Lewis understood that the apron summed up the life of the woman who had worked and raised a family there, and instinctively knew that if she didn't buy it, the apron would be discarded. Protectively, she bought it and took it home, not knowing what she was going to do with it.

Lewis and her husband, Donald, had recently arrived in Ames after accepting jobs at Iowa State University. Back home in Ohio, her mother and grandmother had made and worn aprons, but Lewis didn't have any of them.

Early on she didn't particularly miss these maternal heirlooms. Her career at the computation center over the next 23 years left little time for anything beyond

routine and essential domesticity.

"I was no June Cleaver of the '50s with high heels in the kitchen," Lewis said with a laugh. "I was (and am) a special occasion cooker and sewer. I once did an event where I prepared 15 desserts, and poor Donald (got) almost nothing during the week."

Still, Lewis found her appreciation of aprons growing over the years as she continued to rescue one after another.



"I felt they were undervalued," she said. "Aprons represented a domesticity that had fallen into disfavor. It struck me as wrong to throw away something that so much time and creativity had been invested."

Aprons tend to evoke feelings of the past in Lewis. "If I put an apron on while I'm cooking I feel different," she said. "I don't know why I feel like making a cherry pie or a batch of cinnamon rolls is the right thing to do. Being creative in the kitchen induces a form of nostalgia ... and a challenge to whip up something new or better than before."

Wearing an apron reminds Lewis of her mother and grandmother and their recipes, but she also has a few apron stories of her own — like the time she and Donald took their daughter, Bess, out to lunch to celebrate completion of her SATs. As she moved along the salad bar, other customers looked at her strangely. Then she realized why: She was still wearing her plastic hoop apron.

When Lewis retired as director of Academic Information Technologies in 2003, she wrote about her plans for the next part of her life: to win a ribbon at the State Fair and sit on the porch watching the world go by.

She got it half right.

Instead, Lewis sat at her sewing machine watching the fabric go by. Using a 1940s pattern to create a pair of pajamas for Bess, her first entry at the Iowa State Fair earned a blue ribbon. The next year, a darling child's apron she created from three coordinating cottons won first place in the Fabrics and Threads division.

The current resurgence in collecting and making aprons recently inspired the Ames/Central Iowa Chapter of the American Sewing Guild to invite Lewis share her collection of 80-plus aprons and her experience as a collector. Among the tidbits she brought was a photocopy of a 1937 Sears ad advertising three aprons for \$0.59.

She noted that the big three pattern makers — McCall's, Butterick and Simplicity — have more than 30 patterns for aprons available today. Lewis sees this apron revival as a domestic art.

"Before, we sewed to make clothing we needed," she said. "Now aprons offer an outlet for creativity that even beginners can do. We see aprons as fashion accessories. They are cute — even over a pair of jeans."



This hand-quilted apron pieced from a selection of '30s prints features ¼-inch seams.



From our cultural neighbor to the south: This artifact was made in Mexico.



Sheer organza dresses up this apron, which retains its practicality with a cotton overlay.



These whimsical bloomers have a companion apron: boxers with a button fly, in the same fabric.

## Guild celebrates sewing of all kinds

Diane McCauley, president of the Ames/Central Iowa Chapter of the American Sewing Guild and pattern designer for the Indigo Junction pattern company, notes that little scholarly work documenting the history of aprons is available. For this reason, members particularly appreciated the program Dorothy Lewis presented.

The Guild meets on the third Saturday of the month during school year at Trinity United Methodist Church in Huxley. Educational programs address sewing techniques or a topic of interest to sewers. Current membership is around 128, and attendance averages from 20 to 70. For more information, visit the national site at [www.asg.org](http://www.asg.org) or call McCauley at 292-2736.

## Aprons and more will be featured at Iowa State Fair

Affiliated with the Iowa State Fair since the early 1960s, Dorothy Faidley of Colfax says the number of apron entries into competition waxes and wanes over the years, but she thinks there has been an overall decline.

"Forty years ago, gingham aprons with cross stitching were popular," Faidley said. "My recollection is that aprons are much more functional now than they used to be in terms of fabric choice and design."

Faidley added that the variety of sewing techniques available now and machines that do more offer exhibitors more ways to show their creativity. Aprons are one of 75 sewing categories housed on the second floor of the Varied Industries Building. Exhibits are open from 9 a.m. to 9 p.m. daily during the Iowa State Fair, Aug. 9-19 in Des Moines. Learn more at [www.iowastatefair.com](http://www.iowastatefair.com).



## Retro styles will stay strong, ISU Extension specialist says

Sue Bogue uses aprons all the time. "When I cook, I make a mess," the Extension program specialist with Youth and 4-H said. She prefers the variety without pockets. "Stuff ends up in pockets in the washer ... and then you have all the Kleenex fuzzies in there."

Bogue sewed her first apron — a white with black polka-dot cobbler style — in her ninth-grade home economics class. "When I put the hem in, my stitches went through the pockets so when my hands went in they hit hem stitches," she said.

Every year, Bogue sews an apron for a friend's birthday. Making a pattern from a favorite apron, she recreates it each year with different fabric.

An apron she created for her daughter, who is a dietician, won first prize at the Iowa State Fair one year. Bogue had pieced together different fabrics containing realistic-looking fruits and vegetables to make a butcher apron that looped over the head, covered the body and tied in the back.

Bogue is compiling a scrapbook of 25 aprons from her lifetime, including one fashioned from a watermelon seed sack (with places to wipe your hands), another crocheted by her grandmother, and a paint apron.

As to the future of aprons, Bogue predicts that the popularity of retro fabrics means we are going to see more of the chicken scratching and cross stitch on gingham. "And rickrack," she said. "Always rickrack."



Frances Kruse shows an apron featuring Prairie Points corners and wears an apron of black polka dots cleverly turned into flowers that was made for her by a dear friend. Kruse notes that when she wears aprons, she "irons them up and uses spray starch."

**"A**pron popularity is just blooming; I never thought I'd see the day when they were back," claims **Frances Kruse** of Huxley, who estimates about 100 aprons have been a part of her life.

"It was a demeaning thing," explains the 72-year-old grandmother, "and I didn't keep track. They were work aprons; I wore them to death and out they went."

When Kruse was first married and cooking at home, she always wore aprons. "I made my

own," she said. "My husband was going to medical school and I made everything I could, usually half-aprons that tied around the waist. I also had an apron bracelet that slid around the waist."

Kruse still has the crocheted apron her grandmother made for her when she was 12.



"It was very fancy, wouldn't have kept any spots off," she said. "It had orange crochet thread, and I hated that color. Orange was very popular, a cheap color to dye."

Two years ago Kruse started setting aside a week to spend sharing her love of sewing with her own granddaughter, Cody, age 12. "She's a very domestic little girl; quite artistic," smiled Kruse. "She loves to do what Grandma does ... saw me entering the State Fair and wanted to do that."

Kruse and Cody enrolled in a Sewing Guild special event focusing on how to improve your sewing. "Every time she'd get in a hurry, I'd ask her what kind of ribbon she wanted. When she said 'the best' I would tell her to un-sew it and do it right. She got to the point where she would do it herself."

Kruse said it took a lot of patience, but after Cody's second year in Grandma's Sewing Camp, the little girl outribbioned her mentor at the Iowa State Fair.

## What you see here is not all!

If you've gotten a taste of the apron bug yourself, go online to [www.amestrib.com](http://www.amestrib.com) and click on Facets bonus section to find even more apron information, including:

- A feature on the Pine Slab Apron Museum in Mississippi,
- More photos of Dorothy Lewis' apron collection,
- And even more resources on aprons and apron collecting.



A playful hostess might wear this flirty lavender organdy and embroidered rendition from Dorothy Lewis' collection.

Earlier this summer, Cody donned one of her grandmother's aprons and fixed lunch while Kruse furiously worked to complete a wedding gown and bridesmaids' dresses

for another granddaughter's wedding.

Has Cody sewn an apron herself?

"No, not yet," says Grandma.

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## [PARENTING]

# Everyone works at our house:

## *The new child labor laws*

By JOLENE PHILO

One morning a month ago, I assumed my new high school graduate was sleeping in. Eleven o'clock and still no sign of her. So I climbed the stairs determined to root her out of bed. My daughter greeted me at her bedroom door, paint roller in hand. "The walls needed a second coat," she informed me. "I'm almost done."

I admired her work, and we talked for a few minutes. Her actions and words assured me that this daughter, who at 2 pulled every piece of clothing out of her dresser drawers and threw them on her bedroom floor on a daily basis, had the life skills necessary to survive her first year at college.

"How'd it happen?" I mused as I walked downstairs. And I realized it started a long time ago, when her older brother entered high school. At his freshman orientation, a guidance counselor informed us, and a whole lot of other panicked parents, that by graduation our teens should be able to do three things: balance a checkbook, do laundry and clean house.



Anne Philo shows off her housekeeping skills.

### LAW NO. 1: Start early.

"I wish somebody had announced that at kindergarten round-up," I told my husband after the meeting. "We've got a lot of catching up to do." And as we pushed our son through a crash course that taught him to balance a checkbook, do laundry and clean the house, we started our 9-year-old daughter on a kinder, gentler version of the same. In the process, I learned what many of you already know: The earlier parents start teaching their children life skills like housecleaning, the better kids learn.

In fact, parenting experts say that kindergarten is way too late to start. A 2002 study completed by Marty Rossmann at the University of Minnesota showed "that involving children in household tasks at an early age can have a positive impact later in life. By involving children in tasks, parents teach their children a sense of responsibility, competence, self-reliance, and self-worth that stays with them throughout their lives." And Rossmann found that "the best predictor of young adults' success in their mid-20s was that they participated in household tasks when they were 3 or 4."

### LAW NO. 2: Assign age-appropriate tasks.

So get your kids, even toddlers as young as 2, involved in housecleaning by assigning them age-appropriate tasks, jobs they can complete successfully with a minimum of frustration. Use the suggestions at right, taken from an exhaustive list developed by the creator of the Super Mom Relief System, Karin Vibe-Rheymer-Stewart, to get you started.

### LAW NO. 3: Make it fun.

Of course, assigning cleaning tasks and getting kids to complete them are two different matters. Diane Laney Fitzpatrick, a stay-at-home mom and former newspaper reporter, has several suggestions to make chores fun.

- Kids love feather dusters, so buy one (or two) and hand them out at dusting time.
- Kids love spray bottles, too. Let them spray counters and surfaces that can be wiped with a paper towel.
- Kids love games, so make boring jobs into them. Divide up the socks and let them play a "matching game" adapting the rules for Go Fish. When matches are

made, kids fold socks together and throw the pair in the "ocean" pile.

- Kids love to dress up, so dress up to clean. Hand out aprons, painter caps, and anything else that dresses them for the part.
- Say thank-you and give hugs.

### LAW NO. 4: Keep at it.

Though chore lists and games make chores easier, at times house work is hard work. When that happens, don't throw in the towel. One of the most valuable lessons parents can teach children is that life isn't always fun and that sometimes the only way to get through it is to do it. I knew my daughter had mastered that lesson the day she rolled on a second coat of paint before she came down for breakfast.

But don't get the wrong impression. My college-bound daughter is no wunderkind. She may have the housecleaning and laundry skills down, but balancing the checkbook is still a little shaky. Math's never been her thing. So if you have any advice, please let me know. But make it fast. She's leaving for college on Aug. 17.



These suggestions, developed by Karin Vibe-Rheymer-Stewart, can help jump start your own list of age-appropriate cleaning chores for children:

#### Toddlers

- Dust with a baby wipe
- Spray and scrub the sink and bathtub with water and a sponge
- Pick up toys and put them in baskets or bins

#### Preschoolers

- Wipe sinks using baby wipes
- Fold towels
- Put clothes in drawers
- Put dirty clothes in hamper
- Help feed animals

#### Kindergartners

- Sweep small areas with a dustpan and broom
- Clean bathroom sinks
- Set the napkins and silverware on the table
- Dust furniture
- Strip linens from beds

#### Younger elementary school kids

- Make beds
- Take out garbage
- Vacuum bedroom
- Sort clothes for washing
- Fold and put away clean laundry
- Feed and care for pets
- Set and clean the table with plastic dishes

#### Older elementary school kids

- Clean entire bathroom
- Vacuum
- Clean counter-tops and the kitchen sink
- Mop small-area floors
- Use the washer and dryer
- Wash, dry and put away dishes
- Clean pet areas
- Set and clean the table with regular dishes

#### Teenagers

- Can do everything you do, except for the most intensive jobs, or the ones using noxious products

For more ideas about how to get children involved in household chores, go to:

- [SuperWomanRelief.com/Supermom](http://SuperWomanRelief.com/Supermom).
- [www.familyeducation.com](http://www.familyeducation.com) - Go to this national information Web site and type "chores for children" in the search box.
- <http://raisingchildren.net.au> - For a bit of Australian parenting flavor, type "chores for children" in the search box of this Web site.

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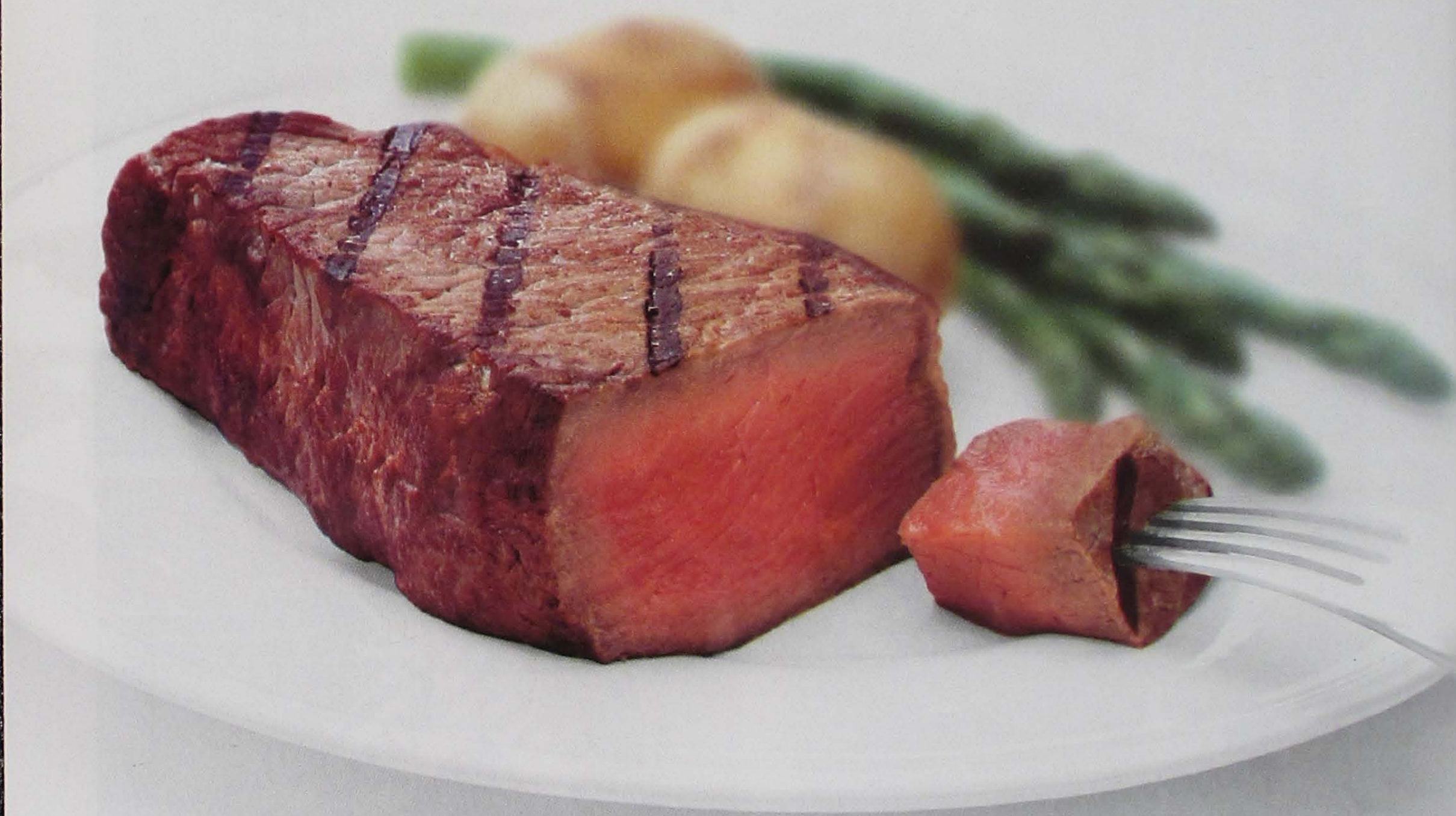
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Take in some brilliant bits of advice for the month of August.

## Keep your household running smoothly

Meals, housework, doctor's appointments, car maintenance, school and social events ... the list goes on and on. It takes good organization and creative time management to keep it all under control. Here are some tips to help you run your household instead of letting it run you.



- **Plan your day the night before.** You'll face the new day with a better attitude.
- **Get up a little earlier than everyone else.** A few minutes of quiet and solitude are a great trade off for the extra time in bed.
- **Spend the last 15 minutes of the day straightening up** so that you don't wake up to a discouraging mess.
- **Keep a color-coded family calendar** posted so everyone is informed of the activities that involve them.
- **Regulate TV watching, Internet and telephone time.** You'll have more time to interact as a family.

- **Utilize waiting or down time.** If you are waiting for a sports event to end or school to let out, compose your shopping list or read an article.
- **Include phone and contact information when entering an event or appointment into your calendar.** This will save time if you need to call.

— by Mary Sigmund, a certified professional organizer and owner of Coaching & Organizing Services in Ames. She can be reached at 233-5191 or [harmonypro@aol.com](mailto:harmonypro@aol.com). More tips and information are available at [www.organizer-coach.com](http://www.organizer-coach.com).

## Are you living in CHAOS (Can't Have Anyone Over Syndrome)?

If so, a visit with the Fly Lady may be just what you need. The Web site was created to help women drowning in clutter develop organizational routines for their homes and personal lives. At [www.flylady.com](http://www.flylady.com) you can:

- Learn to declutter your home, room by room, and how to keep from being over-run with clutter again.
- Discover how to divide your home into five weekly cleaning zones.
- Find easy, nutritious recipes your family will like.
- Sign up for daily newsletters that coach you, baby step by baby step, to develop new routines that will simplify your life.

My recommendations to keep from going into overload and quitting before you start? Begin at the Fly Zone link, which provides a good overview. And if you sign up for the newsletter, chose the digest version so your inbox doesn't get cluttered with messages from the Fly Lady.

What are you waiting for? Spread your wings and fly!

— by Jolene Philo

## Busy mom on the sidelines

Summer is here, and along with it comes activities out in the sun.

Stacie Schaper, a regular Merle Norman customer, is a busy working mom. She doesn't have a lot of time for skin care and make-up, but with four kids and baseball season here, she wants to protect her skin from the sun's harmful rays. Schaper has very fair skin and can burn easily, and she knows the sun can cause premature aging of the skin and skin cancer. She also wanted to get some tips on using sunless tanning products, a great alternative for a natural-looking tan without the harmful effects of the sun.



### To save time and protect her skin:

Schaper was given a tinted moisturizer with SPF 15. A product like this is great, because it can moisturize, even out skin tone, and give sun protection all in one step. What a time saver for a busy, working mom!

A moisturizer with an SPF 15 or higher is recommended.

### To achieve that sun-kissed look:

A bronzing powder was used on the cheeks, forehead, chin and nose, giving Schaper just a touch of tan.

(Continued on page 24)



(Continued from page 23)

Eye shadows with shimmers also are a must have for summer. A shimmering, pink shade of eye mousse was applied to Schaper's eyelid, and then an eye shadow in a plum shade was applied in the crease of her eye to complement her eye color.

Eyeliner was used to help open the eye and make the eyes appear bigger. Schaper was concerned with mascara smudging in the heat, so waterproof mas-

cara was used. A longwearing lip color was used to add color to Stacie's lips. Lip-gloss was used to give a little shine to the lips.

*Do you want to be a model featured in Facets? Sign up for the drawing at Merle Norman, 219 Main St., Ames.*

— Kay Gammon, owner of Merle Norman, can be reached at 515-233-2454 or [okaymerle@yahoo.com](mailto:okaymerle@yahoo.com).

## A tan without the sun

Sunless tanners are a great way to achieve a natural looking tan without harming the skin. Proper application is the key to a successful tan:

- Before using a sunless tanner, thoroughly cleanse and exfoliate the skin.
- Apply the sunless tanner quickly, blending well.

- Remember that drier areas like knees and elbows will absorb more color.
- Don't forget to wash hands thoroughly after applying!

To get a darker tan, apply the sunless tanner two days in a row. A sunless tan will last about three or four days. Sunless tanners do not contain SPF, so be sure to use a sunscreen before heading out in the sun.

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[FITNESS]

# How much time do you spend ... ... tending to your temple?

By DEBRA ATKINSON

**A** woman can create a home that is well kept, well tended and clean that still will not nourish her. She can have the laundry done, folded and organized, yet feel in disarray.

She can tend to her job and climb the corporate ladder, yet not feel accomplished. She can make life full of the finer things and "stuff" that money can buy and never feel satisfied. She can fill her schedule crossing off her to-do list and never feel done enough. She can tend to the little feet that patter down the hall and still feel something is missing.

Americans overall are spending more time at home since 9/11. Sales of large-screen TVs, rec room furnishings and home spas are up, making home a central location for families to gather again.

Yet in the busy lives most people live, they don't spend much time there.

It's time to consider the one place where you will always reside: Unequivocally, you will spend 100 percent of your time on this planet in the body you have.

Do you worry about how to furnish the inside and the landscape of your body as much as your home? Do you worry as much about the view from your personal temple as in your house? Perspective is better when it comes from someone who is fit.

True, you can't go out to the store and make a quick change as easily. The greatest obstacle to taking better care of that temple is time. You have a long list of things you could fill your time with, no doubt. Virtually or literally, jot them down: Work, meetings, organizations, church, significant others, family, school, commuting, hobbies. If you are like most people, you spend

phases of your life moving from one to the other, paying more attention to one or another for a time. Child care may be your greatest focus for a while. Then work may take its place. Then an organization will call on you for leadership. Then you'll get back to hobbies or fitness you've let go. The problem with flitting from one thing to the next is that you only pollinate one thing well at a time. The rest are all saying to you via the little voices in your head, "what about me?"

**Of all the things that take your time, only one will have a positive and significant effect on all the rest.** If you put your health and fitness first, you'll find it's like de-cluttering your closets and throwing things out. You know the research: Fitness results in more energy, better focus, fewer mistakes, better productivity, and enhanced creativity, to name a few. You'll have less absenteeism, better quality of sleep, and more optimism. You'll have more patience for children, spouses, coworkers and customers. Exercise is the only activity that if you prioritize it, all the other time takers in your life will fall into place. They'll be trying to catch up with "wait for me."

In a recent study conducted by ISU researchers, women exhibit greater situational power in the home. They communicate a stronger message when interacting with spouses about issues no matter whether he or she brings them up. Husbands accept that influence by agreeing or giving in. Imagine the impact women can have on the wellness of the world if each woman was more verbal about the value of exercise and fitness.

Now that's housekeeping.



## MEET A *faceted* woman



Sara is a GRIP volunteer. This YSS mentoring program helped create a lasting friendship for Kryshawn and Sara.

**You have \$1,000 to spend on yourself:**

***Will \$1,000 get me to Italy?***



Sara and her nephew, Mason, enjoy one-on-one time on the deck.

Be our featured reader: Request a questionnaire so we can consider you for a future Faceted Woman column. Contact: [karen@mymorethanmoney.net](mailto:karen@mymorethanmoney.net)



Sara and woman's best four legged friends: Oscar and Mylo.

### **SARA GACHEL**

**Age:** 26 | **Membership and Marketing, ISU Alumni Association**  
**Shares her home with Mylo, Oscar, Lexi and Boots**

Sara Gatchel would like to be a chef, craves time to read chick lit, and loves to shop. Her favorite motto is by Abraham Lincoln: "It's not the years in your life that count; it's the life in your years."

**Craziest fashion you ever wore:** I didn't wear jeans until seventh grade. Hello, closet full of legging-like stretch pants! Ick!

**Simplest pleasure?** My nephew's smile and my dogs chasing each other.

**What makes you happy?** Volunteering, a clean house, a good glass of wine, HGTV and my nephew, Mason.

**What financial advice would you give other women:** Marry rich. If that doesn't happen, learn to love what you have; you're probably better off than you think.

**What makes you laugh?** Travis, my boyfriend, cracks me up.

**I never leave home without:** My cell phone. Yes, I'm one of those annoying people who talk a lot and text sometimes when I'm driving. Not recommended.

**Your best tip for looking and feeling great:** To look great: My grandma says to wear sunscreen every day. Maybe if I start that now, I'll look as good as she does when I'm her age! To feel great: Learn a new skill or accept a challenge.

**How do you reward yourself?** A glass (or two) of wine, ice cream or a trip to the mall (as much as I shop, I must think I deserve a lot of rewards)!

**How do you take care of yourself financially?** I'm still working on increasing my savings. I put as much as I can in my retirement plan. I have life and disability insurance.

**What are you thankful for:** A lot! Right now, I'm particularly thankful that I'm getting the opportunity to build a house.



# FACETS calendar

AUGUST 2007 | FACETS 27

If you have an event that would be of interest to Facets readers, please send it to [hlosure@amestrib.com](mailto:hlosure@amestrib.com) with "Facets Calendar" in the subject line.

Thursday, Aug. 9, to Sunday, Aug. 19 – Iowa State Fair at Iowa State Fairgrounds in Des Moines. [www.iowastatefair.com](http://www.iowastatefair.com).

Saturday, Aug. 11 – Minimizing Maintenance in the Garden, part of a series of informal conversations hosted by Steve Libbey, The Garden Assistant, at 10 a.m. at 708 Brookridge Ave., Ames. The topic of this session is "Winter Awaits!", and grasses, shrubs bulbs and sculpture will be discussed. The session is open to the first 20 people; call 232-8432 to register.

Friday, Aug. 17 – Jokerband, part of the Hot Summer Nights Concert Series, 8 p.m. at the Octagon Center for the Arts in

downtown Ames. The cost is \$5 at the door. Learn more about Jokerband's music at [www.myspace.com/jokerbandrock](http://www.myspace.com/jokerbandrock).

Saturday, Aug. 25 – Iowa Women's Hall of Fame Ceremony, 10:30 to 11:30 a.m. at the State Historical Building in Des Moines. The event is free and open to the public.

Sunday, Aug. 26 – Sample the Arts, 1 p.m. at Stephens Auditorium in Ames. This kick-off festival to the performing arts season will feature food and fun, including performances, music, dancing, craft activities and refreshments.



**THE KNITWITS NIGHT OUT:** A group of local women who call themselves the Knitwits celebrated the end of their year's activities with a prom party on May 14. The women were taken via limo from Shoppes on Grand to Brewer's, where they were greeted with flowers and smiles. They are, from left, Amy Swank, Linda Woodworth, Beth Felming, Jane Murdoch, Marsha Clark, Barb Forbes, Rinda Pattinson, Patty Nervig, Julie Craig, Donna Lutz, Karen Lasche, Kae Mart, Karen Tuttle and Kathi Watts.

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# **SALE! SALE! SALE!**

## **WAREHOUSE SALE!**

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**Friday, August 10th - 10-6**

**Saturday, August 11th - 10-5**

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